

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:30	<ul style="list-style-type: none"> Music Room- Red Nature Room- Blue 	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword
10:00-10:30	<ul style="list-style-type: none"> Frist Room- Brown Outdoor- Green 	Devotions ^{S,C,R} - Katie Expressive Art ^{C,S} - Whitney Word Scrambles ^{C,S} - Staff	Coloring Group ^{C,S} - Whitney Life Story Conversation ^{C,S} - Katie Crossword Puzzle ^C - Staff	Drum Circle ^{P,S,C} - Whitney Big Words Small Words ^{C,S} - Katie Conversation: Occupation ^{C,S} - Staff	Word Scrambles ^{C,S} - Katie Chimes ^{Pr,S} - Whitney One on one projects ^{Pr}
11:00-11:30	<ul style="list-style-type: none"> Living Room- Orange Big Area-purple 	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Headbands ^C - Staff Word Scramble ^C - Katie Finish the Lyrics ^{C,S} - Whitney	Crossword Puzzle ^{C,S,Pr} - Katie Who Sing this song ^{C,S} - Whitney 100 Or Bust ^{C,S} - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff
12:00-1:50	<ul style="list-style-type: none"> The maximum number of each activity is 6 people 	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} / One on one projects ^{Pr}
2:00-2:30		Rise Up Your Hand ^{S,C} - Katie Pictionary ^{C,S} - Whitney Crossword Puzzle ^{C,S,Pr} - Linda S.	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Linda S. Exercise ^{P,S} - Whitney	Bingo Groups ^{S,Pr} - Whitney & Katie One on one projects ^{Pr}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		100 Or Bust ^{C,S} - Katie Best 10 ^{C,S} - Linda S. Name That Tune ^{C,S} - Whitney	Midweek Movie Matinee ^R - Katie & Whitney	Trivia ^{S,C} - Linda S. Conversation Ball ^{C,S} - Katie Connect 4- Whitney	Friday Frolic ^R - Katie & Whitney
4:15-4:30		Conversation Groups ^{S,C}	Midweek Movie Matinee ^R - Katie & Whitney	A- Z ^{C,Pr} - Katie Conversation Group ^{S,C} - Whitney	Friday Frolic ^R - Katie & Whitney
	7	8	9	10	11
9:00-9:30	Happy Labor Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30		Word Chart ^{C,S} - Katie Expressive Art ^{C,S} - Whitney Conversation Group ^{S,C} - Staff	Coloring Group ^{C,S} - Whitney Big Word Small Word ^{C,S} - Katie Conversation Group ^{C,S} - Staff	Drum Circle ^{P,S,C} - Whitney Word Scrambles ^{C,S} - Katie Conversation Group ^{C,S} - Staff	Jeopardy ^{C,S} - Katie Chimes ^{Pr,S} - Whitney Conversation Group ^{C,S} - Staff
11:00-11:30		Regular Exercise ^{P,S} Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Crossword Puzzle ^C - Katie Devotions ^{S,C,R} - Whitney Wheels of Fortune ^{C,S} - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff
12:00-1:50		Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}
2:00-2:30		Name That Tune ^{C,S} - Whitney Crossword Puzzle ^{C,S,Pr} - Linda S. Headbandz ^C - Katie	Bingo Groups ^{S,Pr} - Katie, Whitney One on one projects ^{Pr}	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Linda S. Exercise ^{P,S} - Whitney	100 or Bust ^{C,S} - Katie Conversation Group ^{C,S} - Staff Music Listening ^R - Whitney
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Hangman ^{C,S} - Whitney Trivia ^{C,S} - Linda S. 100 Or Bust ^{C,S} - Katie	Midweek Movie Matinee ^R - Katie & Whitney	Trivia ^{C,S} - Linda S. Connect 4 ^{S,C} Katie Pictionary ^{C,S} - Whitney	Friday Frolic ^R - Katie & Whitney
4:15-4:30		Music Ball ^{C,R} - Whitney Best 10 ^{C,S} - Katie	Midweek Movie Matinee ^R - Katie & Whitney	Pool Noodle Game ^{P,S} - Katie Conversation Group ^{S,C} Whitney	Friday Frolic ^R - Katie & Whitney

	14	15	16	17	18
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Virginia Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Neonatal Nurses Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Linda T.!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Air Force Birthday
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Hangmen ^{S,C} - Staff Newspaper Group ^{R,S} - Katie	Drum Circle ^{P,S,C} - Whitney Coloring Group ^{C,S} – Staff Conversation Group ^{S,C} - Linda S.	Jeopardy ^{C,S} - Katie Hangmen ^{C,S} - Staff Rise up hand ^{C,S} Whitney	Word Scrambles ^{C,S} - Katie Conversation Group ^{C,S} - Staff Hangmen ^{C,S} - Whitney	Chimes ^{Pr,S} - Whitney Big Words Small Words ^{C,S} - Katie
11:00-11:30	Crossword Puzzle ^C - Katie Name That Person ^C - Whitney	Regular Exercise ^{P,S} - Whitney Cyclings ^{P,S} - Linda S. Exercise ^{P,S} - Staff	Word Chart ^{C,S} - Katie Connect 4 ^C - Whitney Sewing Group ^{Sen,C} - Diane	Trivia ^{S,C} - Staff Crossword Puzzle ^C - Katie Rise up hand ^{C,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:00-2:30	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Devotions ^{S,C,R} - Katie Trivia ^{C,S} - Staff Pictionary ^{C,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Linda S. Exercise ^{P,S} - Whitney	Headbenz ^C - Katie Music Listening ^R - Whitney
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	A-Z Group ^C - Whitney Best 10 ^C – Katie Conversation Group ^{S,C} - Staff	Crossword Puzzle ^{C,S,Pr} - Katie 100 or Bust ^{P,S,C} - Staff Name That Tune ^{C,S} - Whitney	Midweek Movie Matinee ^R - Katie & Whitney	Expressive Art ^{C,S} - Whitney Bingo Groups ^{S,Pr} - Linda S. & Katie One on one projects ^{Pr}	Friday Frolic: Air Force Movies ^R - Katie & Whitney
4:15-4:30	Conversation Ball ^C / One on one projects ^{Pr} .	Piano Appreciation ^R - Whitney Relaxing and Chatting ^S - Katie	Midweek Movie Matinee ^R - Katie & Whitney	Roundtable Talk ^{S,R,C} - Katie & Whitney	Friday Frolic: Air Force Movies ^R - Katie & Whitney
	21	22	23	24	25
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National New York Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Girls' Night	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Glenda!
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Newspaper Group ^{C,S} - Katie Conversation: New York ^{C,S} - Staff	Word Chart ^{C,S} - Katie Expressive Art ^{C,S} - Whitney Conversation Group: Fun Things with Girls ^{S,C} - Staff	Name That Place ^{C,S} - Whitney Coloring Group ^{C,S} - Katie Conversation Group ^{C,S} - Staff	Drum Circle ^{P,S,C} - Whitney Conversation Group ^{C,S} - Staff Jeopardy ^{C,S} - Katie	Headbenz ^{C,S} – Staff Chimes ^{Pr,S} - Whitney Word Scrambles ^{C,S} - Katie
11:00-11:30	Crossword Puzzle ^C - Katie Headbenz ^{C,S} – Whitney	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Connect 4 ^{S,C} - Katie Wheels of Fortune ^{C,S} - Whitney Sewing Group ^{Sen,C} - Diane	Wheels of Fortune ^{C,S} - Katie Expressive Art ^{C,S} - Whitney Rise up hand ^{C,S} - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} s	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:00-2:30	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Crossword Puzzle ^{C,S,Pr} - Linda S. Hangman ^C - Linda S. Headbenz ^C - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Linda S. Exercise ^{P,S} - Whitney	Story Writing ^C - Katie Bingo Groups ^{S,Pr} - Whitney
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Listening ^{C,R} - Whitney Big Words-Small Words ^C - Katie	100 Or Bust ^{P,C} - Katie Conversation ^C - Linda S. Piano Appreciation ^R - Whitney	Midweek Movie Matinee ^R - Katie & Whitney	Trivia ^{S,C} - Katie Crossword Puzzle ^{C,S,Pr} - Linda S. Name That Tune ^C - Whitney	Friday Frolic ^R - Katie & Whitney
4:15-4:30	Conversation Ball ^{S,C} / One on one projects ^{Pr} .	Relaxing and Chatting ^S / One on one projects ^{Pr} .	Midweek Movie Matinee ^R - Katie & Whitney	Conversation Group ^{S,C} - Katie & Whitney	Friday Frolic ^R - Katie & Whitney

	28	29	30		
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Good Neighbor Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Coffee Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Love People Day		
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Newspaper Group ^{S, C} - Katie Conversation Group: Neighbor ^C - Staff	Word Chart ^{C,S} - Katie Expressive Art ^{C,S} - Whitney Rise up hand ^{C,S} - Staff	Jeopardy ^{C,S} - Katie Name That Love Song ^C - Whitney One on one projects ^{Pr}		
11:00-11:30	Crossword Puzzle ^C - Katie Headbenz ^{C,S} - Whitney Best 10 ^C - Staff	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Connect 4 ^{S,C} - Whitney Devotions ^{S,C,R} - Katie Sewing Group ^{Sen,C} - Diane		
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr}		
2:00-2:30	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Crossword Puzzle ^{C,S,Pr} - Linda S. Hangman ^C - Katie Pictionary ^{C,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Word Scrambles ^{C,S} -- Katie Rise up hand ^{C,S} - Staff Music Listening ^{C,R} - Whitney	100 Or Bust ^{P,C} - Katie Conversation ^C - Linda S. Name That Tune ^{C,R} - Whitney	Midweek Movie Matinee ^R - Katie & Whitney		
4:15-4:30	Conversation Group ^S / One on one projects ^{Pr}	Music listening and relaxing ^R / One on one projects ^{Pr}	Midweek Movie Matinee ^R - Katie & Whitney		

September is...

- Classical Music Month
- Intergeneration Month
- National Square Dance Month
- National Piano Month
- National Potato Month
- National Sewing Month
- Save Your Photos Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants daily

Core Focus: Body Blades

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers

Wellness (Mind & Body):

Lower Extremity:
Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise